



15 POUNDS LOST!



July 3 – July 6, 2017 3.2 Pounds Lost
Total of 15 Pounds Lost

July 3, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
General Mills - Apple Cinnamon Cheerios, 0.75 cup	120	24g	2g	2g	0mg	115mg	10g	2g
Dole - Large Banana, 1 large (225g)	121	31g	0g	2g	0mg	1mg	17g	4g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	
Maxwell House - Original Instant Coffee, 0.5 tsp	0	0g	0g	0g	0mg	0mg	0g	0g	
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g	
Friendly Farms - Organic 2% Reduced Fat Milk (J), 0.5 oz. (240mL)	8	1g	0g	1g	1mg	8mg	1g	0g	
Cheese - Mini Babybel - Original, 1 piece (24g)	70	0g	6g	5g	20mg	170mg	0g	0g	
Lunch									
josephs oat bran and whole wheat pita - pita bread, 1 pita	50	7g	2g	5g	0mg	210mg	0g	3g	
Usda - Juice of Half of A Lemon (1/2 of A Lemon), 1/2 lemon	5	2g	0g	0g	0mg	0mg	0g	0g	
Genova Tonno Per Label - Solid White Tuna In Olive Oil, 4 oz Drained/56gm	180	0g	8g	26g	40mg	280mg	0g	0g	
Generic - Fresh Tomato, In Ounces, 9.31 oz	47	10g	0g	2g	0mg	9mg	7g	3g	
Cucumber - Cucumbers, 5.08 ounce	23	5g	0g	1g	0mg	3mg	2g	1g	
Onions, raw, 1.66 oz(s)	19	4g	0g	1g	0mg	2mg	2g	1g	
Friendly Farms - Sour Cream, 2 tbsp	60	2g	5g	1g	20mg	15mg	1g	0g	
Dinner									
tacos, 1 serving(s)	252	2g	23g	29g	100mg	419mg	0g	1g	
pica de Gallo, 1 serving(s)	61	14g	0g	2g	0mg	12mg	7g	5g	
josephs oat bran and whole wheat pita - pita bread, 2 pita	100	14g	3g	10g	0mg	420mg	0g	6g	
Great Value - Shredded Cheese (Fiesta Blend (Finely Shredded)), 0.17 cup	55	1g	5g	4g	13mg	85mg	0g	0g	
Snacks									
Breakstones - 2% Milkfat Lowfat Cottage Cheese, 0.5 cup	90	5g	3g	10g	15mg	340mg	5g	0g	
TOTAL:		1,276	126g	57g	101g	209mg	2,089mg	56g	26g
	Calories	Minutes		Sets	Reps	Weight			
Cardiovascular									
Under Armour calorie adjustment	0	1							
TOTALS:		0	1		0	0	0		

Exercise notes

Can't sync with fitbit. Not showing steps.

July 4, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
pica de Gallo, 0.25 serving(s)	15	3g	0g	1g	0mg	3mg	2g	1g
Cabot 2% Yogurt, 0.5 serving(s)	90	6g	3g	11g	18mg	70mg	3g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Generic - Fresh Tomato, In Ounces, 5.26 oz	26	6g	0g	1g	0mg	5mg	4g	2g
Cucumber - Cucumbers, 2.47 ounce	11	3g	0g	0g	0mg	1mg	1g	0g
Lunch								
Chicken Salad with Sweet Ginger Chili Lime Dressing, 1 serving(s)	231	16g	6g	29g	74mg	637mg	9g	4g
Dinner								
Generic - Potatoes, Red, Oven Roasted, 0.5 cup	68	11g	1g	1g	0mg	4mg	0g	1g
tomato and cucumber salad, 1 serving(s)	88	12g	4g	3g	0mg	148mg	5g	2g
Corn, Fresh - (Usda) Corn on the Cob, 90 g (1 ear)	80	17g	1g	3g	0mg	10mg	3g	2g
Kroger - Butter, Salted, 0.5 tbsp	50	0g	6g	0g	15mg	48mg	0g	0g
Trader Joe's - Feta Cheese, 18 g	45	1g	3g	3g	13mg	167mg	1g	0g
Homemade - Ribeye Steak Grilled, 6 ounces	420	0g	33g	32g	113mg	83mg	0g	0g
Reece Country Kitchen Hand-Made - Angel Food Cake, 1 slice	89	0g	0g	0g	0mg	269mg	0g	0g
Homemade - Sliced Strawberries With Sugar, 0.25 cup (140 g)	14	3g	0g	0g	0mg	0mg	3g	0g
Reddi Wip - Extra Creamy Dairy Whipped Topping Made W/Real Cream, 4 Tbs. (5 grams)	30	2g	2g	0g	8mg	0mg	2g	0g
Snacks								
Maxwell House - Original Instant Coffee, 0.5 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 0.5 oz. (240mL)	8	1g	0g	1g	1mg	8mg	1g	0g
Laughing Cow - Cheese White Cheddar, 1 Wedge	35	1g	2g	2g	5mg	180mg	1g	0g
Triscuit - Hint of Salt, 2.04 crackers (28g)	41	7g	1g	1g	0mg	17mg	0g	1g
Nature's Nectar - pineapple juice, 8 fl oz	130	30g	0g	0g	0mg	0mg	26g	0g
Malibu - Black Coconut Rum, 1 oz	51	5g	0g	0g	0mg	0mg	0g	0g
Savoritz - Cracked Wheat Entertainer Crackers (6 Cracker Assortment), 2 crackers (14 G)	50	9g	2g	1g	0mg	90mg	0g	0g
Quick Add - Myfitnesspal Premium, 1 serving(s)	50	0g	0g	0g	0mg	0mg	0g	0g
TOTAL:	1,637	137g	64g	89g	247mg	1,740mg	65g	13g

Food Notes

This was 4th of July. I didn't cook the food myself so I used estimates from what pops up in food search.

Exercise notes

Can't sync with fitbit. Doesn't show steps.

July 5, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Generic - Dash of Ground Cinnamon, 1 dash	0	0g	0g	0g	0mg	0mg	0g	0g
Maxwell House - Original Instant Coffee, 0.5 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 0.67 oz. (240mL)	10	1g	0g	1g	2mg	10mg	1g	0g
Red Delicious - Medium Apple, 0.5 apple	40	11g	0g	0g	0mg	0mg	9g	3g
Quaker - Oats, 0.25 cup	75	14g	2g	3g	0mg	0mg	1g	2g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 2 oz. (240mL)	30	3g	1g	2g	5mg	31mg	3g	0g
Cheese - Mini Babybel - Original, 1 piece (24g)	70	0g	6g	5g	20mg	170mg	0g	0g
Lunch								
(Lo Fria) Joseph's - Flax Oat Bran & Whole Wheat Pita Bread, 1 Pita	50	7g	2g	5g	0mg	210mg	0g	3g
Aldi - Hummus Regular, 1 tbsp	25	2g	2g	1g	0mg	75mg	1g	1g
Trader Joe's - Feta Cheese, 26 g	65	1g	5g	5g	19mg	241mg	1g	0g
Tomatoes for Salads - Cherry Tomato, 58 g	10	2g	0g	1g	0mg	3mg	2g	1g
Dinner								
Lebanese Tabbouleh, 1 serving(s)	149	19g	7g	4g	0mg	120mg	4g	5g
oven roasted eggplant, 1 serving(s)	49	7g	2g	1g	0mg	136mg	3g	4g
oven roasted zucchini, 1 serving(s)	46	6g	2g	2g	0mg	145mg	4g	2g
yogurt sauce quick, 1 serving(s)	48	4g	3g	2g	0mg	41mg	1g	0g
kofte for two, 1 serving(s)	349	3g	32g	40g	140mg	164mg	0g	1g
Snacks								
peach blackberry yogurt pops, 1 serving(s)	63	8g	3g	2g	0mg	0mg	6g	1g
TOTAL:	1,094	92g	67g	74g	186mg	1,346mg	40g	23g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	60	1						
TOTALS:	60	1	0	0	0			

July 6, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
(Lo Fria) Joseph's - Flax Oat Bran & Whole Wheat Pita Bread, 1 Pita	50	7g	2g	5g	0mg	210mg	0g	3g
Generic - Fresh Tomato, In Ounces, 2.4 oz	12	3g	0g	0g	0mg	2mg	2g	1g
Generic - Cucumber, 1.45 ounce	7	1g	0g	0g	0mg	1mg	1g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Aldi - Hummus Regular, 2 tbsp	50	4g	4g	2g	0mg	150mg	1g	1g
Maxwell House - Original Instant Coffee, 0.5 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 0.5 oz. (240mL)	7	1g	0g	0g	1mg	8mg	1g	0g
Lunch								
(Lo Fria) Joseph's - Flax Oat Bran & Whole Wheat Pita Bread, 1 Pita	50	7g	2g	5g	0mg	210mg	0g	3g
oven roasted eggplant, 1 serving(s)	49	7g	2g	1g	0mg	136mg	3g	4g
chicken for salad, 1 serving(s)	100	1g	3g	17g	42mg	175mg	0g	0g
Cheese - Mini Babybel - Original, 1 piece (24g)	70	0g	6g	5g	20mg	170mg	0g	0g
Red Delicious - Medium Apple, 0.5 apple	40	11g	0g	0g	0mg	0mg	9g	3g
Costco - Carrots, 1 ounce	12	3g	0g	0g	0mg	22mg	2g	1g
Great Value (Walmart - Fiesta Blend - Finely Shredded Cheese - (Approx 1/3c/serving), 0.53 ounce	59	1g	5g	4g	13mg	91mg	0g	0g
Dinner								
Dole - Head of Iceberg Lettuce, 178 g (about 3oz)	20	6g	0g	2g	0mg	20mg	4g	2g
Generic - Fresh Tomato, In Ounces, 5.86 oz	29	7g	0g	1g	0mg	6mg	4g	2g
Generic - Cucumber, 1.23 ounce	6	1g	0g	0g	0mg	1mg	1g	0g
tacos, 0.5 serving(s)	126	1g	12g	14g	50mg	209mg	0g	0g
Palermo Extra Virgin Olive Oil - Olive Oil, 1.2 milliliter	10	0g	1g	0g	0mg	0mg	0g	0g
Generic - Dijon Mustard W/ White Wine, 0.25 tsp (5 g)	1	0g	0g	0g	0mg	30mg	0g	0g
Usda - Juice of Half of A Lemon (1/2 of A Lemon), 1/2 lemon	5	2g	0g	0g	0mg	0mg	0g	0g
Real Salt - Salt, 0.06 tsp(s)	0	0g	0g	0g	0mg	133mg	0g	0g
Snacks								
strawberries for Angel For cake, 1 serving(s)	36	9g	0g	1g	0mg	1mg	7g	2g
The Bakery - Angel Food Cake, 1 slice	150	31g	1g	4g	0mg	160mg	24g	0g
Reddi Wip - Extra Creamy Dairy Whipped Topping Made W/Real Cream, 4 Tbs. (5 grams)	30	2g	2g	0g	8mg	0mg	2g	0g
TOTAL:	934	109g	40g	61g	134mg	1,735mg	65g	22g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	-100	1						
TOTALS:	-100	1	0	0	0			